



Rudra Press

P.O. Box 1973, Harvard Square, Cambridge, Massachusetts 02238 (617) 576-3394

Title: Dynamic Stillness
The Practice of Trika Yoga

Author: Swami Chetanananda

Content: DYNAMIC STILLNESS is a revealing, open exploration into both the internal process and practical application of spiritual practice. Swami Chetanananda gives a vivid, contemporary voice to the beautiful and oftentimes complex structures of the ancient philosophy of Kashmir Shaivism. As he draws from his own experience and mastery of Trika yoga, the wisdom inherent in this teaching comes to life today. Anyone who wants to experience their own spirituality, learn about meditation practice, or explore the student/teacher relationship with new breadth and maturity will find immediate inspiration and new understanding here.

"This important work provides a key to understanding Tantric Tradition and its implications for the modern world." Carolyn See, L.A. Times
Book Reviewer

About the Author: Swami Chetanananda is the Director of the Nityananda Institute in Cambridge, Massachusetts, a non-profit center dedicated to the active practice of a spiritual life. A highly respected teacher of Trika yoga for the past eighteen years, Chetanananda continues the work begun by his teacher Swami Rudrananda (Rudi). Author of THE BREATH OF GOD, SONGS FROM THE CENTER OF THE WELL and co-author of NITYA SUTRAS: The Revelations of Nityananda From the Chidakash Gita.

PUBLISHER: Rudra Press

SIZE: 150mm x 228mm

SPECS: Original Paperback

PAGES: 368 pages

ISBN: 0-915801-19-1

PRICE: \$17.95

ILLUS: 12 photos, drawings

PUB DATE: September, 1990



Rudra Press

P.O. Box 1973, Harvard Square, Cambridge, Massachusetts 02238 (617) 576-3394

TITLE: Rudi in His Own Words

AUTHOR: Swami Rudrananda

CONTENT: RUDI IN HIS OWN WORDS pulsates with the intensity and directness of any great power source that has the capacity to ignite and transform matter into energy. Rudi was such a powerhouse. Compiled from recordings of Rudi's lectures, RUDI IN HIS OWN WORDS expresses the uncalculated, immediate flow of spoken instruction and inspiration that is characteristic of this rare and wonderful yogi from Manhattan. Rudi's appetite for spiritual growth produced a relentless divine fever that burns through every personal issue. Topics include the Teacher and Student, Practice, Tension, Detachment, Surrender, the Wish to Grow, and Rebirth. Rudi opens with the quote, "I am not here to give you answers. I am here to give you the energy so that you can get your own answers and find within you that which you are."

About the Author: Swami Rudrananda (Rudi) was one of the first Americans to be recognized as a Swami. Rudi was a fiery fusion of East and West who approached spiritual work with intensity and dedication. As a kundalini yoga teacher for over twenty years, Rudi was able to transmit the extraordinary content of Eastern spirituality to Western students in a practical and contemporary form both in the United States and Europe. He died in 1973.

PUBLISHER: Rudra Press

SIZE: 138mm x 210mm

SPECS: Original Paperback

PAGES: 208 pages

ISBN: 0-915801-20-5

PRICE: \$11.95

PUB DATE: September, 1990



Rudra Press

P.O. Box 1973, Harvard Square, Cambridge, Massachusetts 02238 (617) 576-3394

TITLE: THE BREATH OF GOD

AUTHOR: Swami Chetanananda

CONTENT: In this collection of talks by Swami Chetanananda, the remarkable quality and grace of the teacher is immediately felt and understood by students of all traditions. In a fresh and vital articulation of timeless wisdom, Chetanananda addressees the concerns, dilemmas, joys and fears that we face as we reach for a new vision and a deeper understanding of our lives. We are challenged to see through our patterns and tensions; to open, take a deep breath and see the world from a new perspective.

About the Author: Swami Chetanananda is the Director of the Niyanananda Institute in Cambridge, Massachusetts, a non-profit center dedicated to the active practice of a spiritual life. A highly respected teacher of kundalini yoga for the past fifteen years, Chetanananda continues the work begun by his teacher Swami Rudrananda (Rudi). Author of SONGS FROM THE CENTER OF THE WELL and co-author of NITYA SUTRAS: The Revelations of Nityananda From the Chidakash Gita.

PUBLISHER: Rudra Press

SIZE: 6 1/4 X 8 1/4

SPECS: Original Paperback

PAGES: 328 PP.

ISBN: 0-915801-05-1

PRICE: \$14.95

ILLUSTRATE: b/w

PUB. DATE: March, 1988



Rudra Press

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C O M M E N T A R Y
ON

THE BREATH OF GOD

This book sheds light on the question, the questioner, and the landscape beyond, showing us answers where we never thought to look for them.

Yoga Journal

With remarkable lucidity, Swami Chetanananda expounds the essence of Kashmir Shaivism's Siva Yoga in simple, modern American English...An unlifting work with true spiritual depth"

Hinduism Today

Chetanananda is as apt to take his examples from the Boston's Celtics' Larry Bird as from the ancient Rig Veda. His manner is humble, irreverent, even eccentric, and he disdains celebrity, yet his aim on the truth is steady as he discusses breathing, pain, and shaktipat, the holy presence.

East West Journal

This book typifies the support that a skilled and authentic spiritual guide can offer. The passages are direct and candid, yet crafted with benevolence.

Spectrum

If you're looking for new spiritual insights and understanding, you'll find a treasure trove here.

Yes! Bookshop

I love to pick up this book and read in it...the words give rise to insights in myself, not only in the mind, but in the spirit as well. Each page has something of value, It is a beautiful volume.

New Age Retailer

These expositions are refreshingly direct...The book answers many of the questions that aspiring spiritual practitioners are likely to ask of themselves and their teachers.

Spectrum Review

...intensely direct and honest. Chetanananda's valuable teachings will help us negotiate our brief passage through this human form.

Small Press

-over-



Rudra Press

P.O. Box 1973, Harvard Square, Cambridge, Massachusetts 02238 (617) 576-3394

TITLE: SONGS FROM THE CENTER OF THE WELL

AUTHOR: Swami Chetanananda

CONTENT: These songs, as we call them, are neither poetry nor prose. They are spoken from the heart about matters close to the heart. Deeply subtle and startlingly direct, some give advice or guidance, some celebrate life, some define aspects of spirituality we so often misunderstand---surrender, grace, one's relationship to a teacher. Some simply cajole us into the happy knowledge that our lives are permeated by the Divine, and that the greatest power and the greatest good lie within our own hearts.

SONGS FROM THE CENTER OF THE WELL is a book to pick up again and again, to break open in a quiet moment, to take with you on journey filled with uncertainty. To read it is to pause, take a new look at the world, and breathe a sigh of relief.

Spiritual understanding breaks through the limitations of religious symbols and beliefs. Such awareness cuts through to the heart of life itself, allowing us to live our daily lives from a totally new perspective. Swami Chetanananda writes from this unique perspective. This book offers readers from all faiths and beliefs fresh insight on how to successfully absorb and transcend the shocks and tensions of this madcap existence.

PUBLISHER: Rudra Press

SIZE: 5 1/4 x 8 1/2

SPECS: revised, second edition, paperback

PAGES: 96 pp.

ISBN: 0-915-801-03-5

PRICE: \$6.95

ILLUS: 5 b & w photos

PUB. DATE: August, 1985



Rudra Press

P.O. Box 1973, Harvard Square, Cambridge, Massachusetts 02238 (617) 576-3394

TITLE: NITYANANDA: THE DIVINE PRESENCE

AUTHOR: M.U. Hatengdi

CONTENT: This is the miraculous story of a simple and simply remarkable man. Nityananda was a modern Indian saint, a contemporary of Gandhi. His life of simple austerity is stunning in its totality--his disinterest in worldly matters extended even to food, shelter and clothing--and yet---miracles seemed to occur spontaneously around him. With no dogma but love, no commandment but the will of God, Nityananda had grace and wisdom for all, regardless of religion, philosophy, or culture.

This rare and long-awaited collection of stories was gathered in loving memory by a devotee who first met "the Master" in 1943. The anecdotal format is warmed by the very personal love and respect of the narrator and is highlighted by the forty-nine photographs, most of them published here for the first time.

During Nityananda's life, thousands came to this unpretentious ashram in Ganeshpuri; today the name of Nityananda is becoming known worldwide through his lineage of second and third generation devotees. His inspiration is universal; it cannot be limited by any teaching, creed, or organization--indeed, it is just this lack of boundaries that makes the story of Nityananda so compelling. Any who seek wisdom and understanding, any who seek beauty and truth, will find answers here.

PUBLISHER: Rudra Press

SIZE: 6" X 9"

SPECS: Original Paperback

PAGES: 177 pp.

ISBN: 0-915801-00-0

PRICE: \$12.95

ILLUS: 49 rare b & w photos

PUB. DATE: March, 1984



Rudra Press

P.O. Box 1973, Harvard Square, Cambridge, Massachusetts 02238 (617) 576-3394

TITLE: NITYA SUTRAS

The Revelations of Nityananda from the Chidakash Gita

AUTHOR: Captain M.U. Hatengdi, and Swami Chetanananda

CONTENT: Nityananda was one of the greatest Indian saints of this century. NITYA SUTRAS is a collection of his aphorisms recorded by followers in India during the 1920's.

These beautifully translated verses are a treasure of inspired wisdom spoken from a special state of consciousness. They are soaringly transcendental and yet firmly grounded in the practical. Nityananda's vision was universal and his words simple, reflecting his experience of complete immersion in the inner Self.

The introduction and commentaries accompanying NITYA SUTRAS are written by Swami Chetanananda, an American meditation master in the lineage of Nityananda. They give the Western reader and understanding of Nityananda's teachings and the meaning of many Sanskrit terms. Beautifully reproduced rare photographs, a full glossary and an index complete this remarkable volume.

NITYA SUTRAS is the companion volume to the earlier published NITYANANDA: The Divine Presence (Rudra Press, 1984), a collection of eyewitness stories spanning the life of this remarkable man.

PUBLISHER: Rudra Press

SIZE: 6" x 9"

SPECS: Original paperback

PAGES: 209

ISBN: 0-915801-02-7

PRICE: \$11.95

ILLUS: 20 b & W photos, and 2 figures

PUB. DATE: March, 1985



Rudra Press

P.O. Box 1973, Harvard Square, Cambridge, Massachusetts 02238 (617) 576-3394

TITLE: SPIRITUAL CANNIBALISM

AUTHOR: Swami Rudrananda

CONTENT: SPIRITUAL CANNIBALISM is a true American spiritual classic. A must for every Western spiritual student. This book represents Rudi's unique effort to provide those willing to fulfill their spiritual potential with the insight necessary to discriminate between the content and container of any spiritual teaching. Rudi explores our basic need to grow, outlines the concept of spiritual work, and describes a series of techniques that are fundamental to his teaching.

"The title SPIRITUAL CANNIBALISM, attempts to put into perspective the relationship of human beings to one another, When we eat fruit, the skin provides roughage essential to our growth. In human relationships, too, roughage is essential. The total person must be consumed to support life in its depth--to allow for creative interchange between one human being and another, and eventually between a human being and God. We cannot limit our intake to the qualities that are "easy to take"--we must welcome those that force us to change the patterns we have been able to deal with in the past. We must come to understand that everything is part of perfection and must be taken in a state of surrender: it must be digested and transcended. Life must be consumed whole--with all its tensions, pain and joy."

PUBLISHER: Rudra Press

SIZE: 5 1/2 x 8 1/2

SPECS: Paperback

PAGES: 208 pp.

ISBN: 0-915801-07-8

PRICE: \$11.95

ILLUS: 16 b & w photos

PUB. DATE: New Edition, September 1986



Rudra Press

P.O. Box 1973, Harvard Square, Cambridge, Massachusetts 02238 (617) 576-3394

TITLE: RUDI: 14 YEARS WITH MY TEACHER

AUTHOR: John Mann, Ph.D.

CONTENT: RUDI: 14 YEARS WITH MY TEACHER traverses fourteen transformational years in the life and teaching of Swami Rudrananda. Known to his students and friends as Rudi, the New York City born meditation master was a powerhouse of energy and love. John Mann didn't realize it when he crossed the threshold of Rudi's Oriental Art store on New York's lower West Side, but he was about to meet a true spiritual master. That event was the beginning of the extraordinary relationship chronicled in this book.

Rudi was an authentic spiritual genius who mined treasures from the depths of his own being, catalyzed them with the energies he obtained from eastern teachers and refined a powerful practice for modern western students. He was totally dedicated to his own inner development, and simultaneously maintained a complex eastern art business while nourishing a deep personal contact with hundreds of students. His teaching was direct and intense:

"...You must understand that what I say is not, in any sense, intellectual. I don't pass on ideas. I try to give you the raw flesh of my own experience."

PUBLISHER: Rudra Press

SIZE: 5 1/2 x 8 1/2

SPECS: Paperback, perfect

PAGES: 256 pp.

ISBN: 0-915801-04-3

PRICE: \$11.95

ILLUS: 21 b & w photos

PUB. DATE: August, 1987